



REPLY TO
ATTENTION OF:

DEPARTMENT OF THE ARMY
HEADQUARTERS 25TH INFANTRY DIVISION
SCHOFIELD BARRACKS, HI 96857-6000

APVG-CG

5 November 2014

MEMORANDUM FOR All Leaders and Soldiers Assigned to the 25th Infantry Division

SUBJECT: 25th Infantry Division Policy Letter 2 - Commanding General's Policy and Guidance for Physical Readiness Training

1. References:

- a. 25th ID "Fitness Forum", <http://www.25idl.army.mil/fitness.html>
- b. US Army Physical Fitness School,
<https://www.jackson.army.mil/sites/tssd/pages/284>

2. Purpose. To establish a baseline policy for Physical Readiness Training (PRT) in the 25th Infantry Division.

3. Philosophy. I believe the most important part of our day, individually and collectively, is how we start the day with physical readiness training. I expect Leaders to supervise and fully participate in this training. To get the most out of our physical readiness, we must think and act like Soldier Athlete Warriors. The essentials for all unit PRT programs are small unit leader education; structured, well-balanced training schedules; initial integration for new Soldiers; and injury prevention and rehabilitation programs that return recovering Soldiers to full capability as quickly as possible.

4. Policy.

a. General Physical Training Programs. Unit commanders will design physical training programs based on the Soldier Athlete Warrior concept incorporating the eight principles of exercise (progression, regularity, overload, variety, recovery, balance, specificity, and precision).

b. Physical Training Guidance. All Tropic Lightning Soldiers will conduct PRT when in garrison from 0630-0800 hours daily. No activities will interfere with scheduled PRT sessions. Morning PRT is not only intended to develop strength in fitness, but also self-discipline. The first formation of the day allows leaders to teach, train, mentor, and build discipline in our ranks.

Battalion Commanders may extend PRT hours beyond 0800 or do two-a-day sessions, but must allow for adequate Soldier recovery time, including personal hygiene and nutrition. If Soldiers' duties prevent them from conducting PRT during these hours, commanders will establish PRT at an alternate time during the duty day. Units are

prohibited from conducting organized sports during PRT hours (0630-0800); however military skills competitions are authorized.

c. Foot Marching. Foot marching will remain an important component in our conditioning and combat readiness. In addition to building physical endurance and mental toughness, it is an excellent tool for measuring the discipline of a unit. A weekly foot march is a good way to sustain the baseline fitness levels required. Refer to FM 21-18, Procedures and Techniques for Foot Marches, to know our Army Doctrine as a guide.

(1) Standards.

(a) Every Soldier and unit must sustain the ability to move tactically on foot 6 miles in our combat kit (ACH, BLPs, ACUs, IBA, weapon, Camelbak, gloves, and boots).

(b) Our combat units and selected combat support units must also be capable of a 25-30 mile approach march conducted under 48 hours.

(2) Tactical Foot Marches. Tactical foot marches are collective training events and are conducted under the conditions in which we fight. Soldiers will wear and carry the same uniform and items of equipment they will fight in. In order to avoid unnecessary injuries to our Soldiers, we will not run in Individual Body Armor (IBA) or rucksacks, nor will we carry rucksacks while wearing IBA. Units may conduct tactical foot marches during physical training hours, tactical exercises, or as a means to get to and from training.

(3) Conditioning Foot Marches. Commanders will utilize conditioning foot marches to progressively develop, and maintain our Soldiers' ability to physically carry their combat loads while preserving combat power. Conditioning foot marches are physical training events. You may conduct conditioning foot marches in PT uniform with the appropriate boots.

a. Special Population.

(1) New Soldier Integration. Battalion Commanders will develop integration programs that acclimatize our new Soldiers to the conditions. Leaders will conduct physical fitness assessments to establish baseline capabilities and training strategies, and teach your new Soldiers how to execute PRT properly and safely in order to best prepare them for combat while preventing needless injuries.

(2) Soldier Rehabilitation. Battalion Commanders will establish Rehabilitation programs. Soldiers need to remain connected and part of the very teams that they will fight with, regardless of their temporary medical or physical condition.

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(a) Injured or Ill Soldiers. The PRT goal for Soldiers on temporary profile is to maintain a level of fitness while recovering from injury as thoroughly and quickly as possible. These programs will include properly supervised progressive rehabilitation through tailored exercise programs.

(b) Pregnant and post-partum Soldiers. All pregnant and post-partum (180 days after pregnancy) Soldiers are exempt from regular unit PRT. However, if and when medically cleared by their health care provider to participate in physical training, pregnant and postpartum Soldiers must be enrolled by their unit commanders in the Army Pregnancy/Postpartum Physical Training (PPPT) Program. The purpose of the program is to assist pregnant and post partum Soldiers in maintaining health and fitness throughout pregnancy and to be successfully integrated back into unit fitness training programs. Eligible Soldiers and their commanders should consult FRAGO 404 published 10 Jul 14, which provides details regarding the function of the PPPT Program on-post.

(c) Overweight Soldiers. Soldiers in the Army Weight Control Program require medical evaluation to determine whether an underlying medical condition explains or contributes to their overweight status. Reconditioning programs for overweight Soldiers should combine cardiovascular exercise with strengthening, flexibility exercises, mobility, and dietary modifications to achieve a weight loss of 1 to 2 pounds per week until Soldiers achieve their optimal body weight.

5. Conclusion. Physical Readiness Training is the most important day-to-day training we do in the Tropic Lightning Division. Commanders will protect this training to ensure that unit programs are focused and tailored to ensure that our Soldier Athlete Warriors achieve the highest levels of physical and mental fitness to meet the rigors and hardships of combat operations.

6. Point of contact for this memorandum is the undersigned, at (808) 655-0025.


CHARLES A. FLYNN
Major General, USA
Commanding

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